



allw@man

# Autumn Embrace

Equinox Reflection Pack



Autumn is the time to celebrate the harvest and enjoy the fruits of our labours, reflecting on what we've personally harvested this year, giving thanks for everything and everyone who have helped us and planting seeds of intention for the months ahead.

Reflective practices like this can be helpful in promoting a sense of completeness or wholeness within ourselves, an antidote to the daily rush from task to task to complete our to-do lists.

Autumn is the time when we naturally take stock, clean out and begin to reap the benefits of our Spring and Summer endeavours. It's the time when we feel deeply called to complete unfinished business, remove life's debris and draw a line under outstanding issues that may affect our wellbeing as we prepare for rest and retreat into Winter.

*So grab yourself a cuppa and find a quiet space and  
let's begin...*

Take a little time to settle yourself wherever you are, feel your feet on the floor, your bum on your seat...let your eyes scan side to side to become aware of your space, the colours, textures, light and sounds around you.

Begin to cultivate some presence, becoming aware of your environment and your body, the contact that you have with the ground and the space around you.

Gently become aware of your breathing, its pace and rhythm and where you can feel the breath most clearly in your body, no judgement, and let your attention gradually down into your body as if you were soaking up your attention like a sponge and bring your focus into your heart perhaps or belly, or wombspaCe or anywhere in your body that feels right for you so you can get a felt sense of what's going on inside you, what sensations you might feel inside: warmth, heat, tingling maybe nothing maybe numbness, all is welcome.

From here from this visceral felt sense when you review the invitational reflections see if you can stay connected to your body at the same time to be able to feel and sense into how your body responds to the reflective questions as well as your mind.

Perhaps answering from these three brains we have – Our belly or hara, the heart brain and mind. Each place may respond differently and have a different view, just enquire and do what feels right for you.

*Take your time and enjoy.*  
*L x*

Leave the familiar for a while  
Let your senses stretch out  
Like a welcome season  
Onto meadows shores and hills  
Change rooms in your mind for a  
day  
All the hemispheres in existence  
Lie beside the equator of your heart  
Greet Yourself  
In your thousand other forms  
As you mount the hidden tide  
And travel  
Back home  
Into the great circle of the heart.

HAFIZ

# Autumn Equinox

## The gift of Air - Separation, Union

What have you achieved so far this year, personally and professionally?  
What needs celebrating?

How will you celebrate? What will you gift yourself no matter how small?

What are you most grateful for and why?

Who are you most grateful for and why?

Who has supported you this year and in what ways did they help?

What was difficult and needs to change? How will you make that happen?

What do you want to shed or let go of?

What do you want to nurture and create more of in your life?

What are your wishes, your longings and desires for the future, the Autumn and Winter and beyond into 2022? (check in with your body for this one, the wisdom of your womb perhaps too! Feel, it, taste it, make it real, what does your body have to say about this!)

What's one thing could call in/do to help support your dreams?

*Any finally...*

Consider what you need to do to make it through to Spring. What is needed right now to support you?

How do you intend to arrive there relaxed and reinvigorated ready for new beginnings?

# *What else can you do for your own wellbeing as the seasons transition?*

Warmth is key at this time of year.

Your womb is Yin and needs to be kept warm. A fleecy womb wrap works well, perhaps with a hot water bottle popped in the back to warm your kidneys too, helping to remove urinary waste and improve their overall health. You may also want to try Faja wrapping. It's perhaps a bit more tricky than using the fleecy womb wrap but nevertheless a lovely self-care routine.

And lots of relaxation and slow, gentle exercise such as walking, swimming or Yoga in the early mornings or evenings are ideal for the Autumn season. Anything that gets the circulation going. Mizan abdominal massage is ideal and lots of self touch and massage is beneficial too.

Your Yoga practice in Autumn could benefit from:

- Gentle flowing poses that promote warmth, grounding and stability complemented by balancing pranayama such as alternative nostril breathing.
- Try your own variation of a Sun Salutation sequence or Shakti Bandhas to generate some heat
- Strengthening and warming poses like Mountain, Warrior (I and II) and Tree.
- Grounding poses such as Cat-Cow, Cobra and Child, mind-quietening forward bends.
- Gentle inversions like Legs Up The Wall or on a chair.
- Finishing with a deliciously long Savasana while wrapped in a warm blanket. 20 minutes is a really lovely amount of time to gift yourself here.

*Explore what your favourite practices are for Autumn*

## *Other ways to nourish and soothe yourself*

Drinking hot water and lemon and turmeric to boost your immunity and eating warm nourishing foods.

Try some grounding exercises including going barefoot or practicing Savasana with your feet against a wall, for a bit of extra containment.

Practice mindfulness daily, really slowing down to focus on your breath soft, light and gentle breath.

Orientating yourself to the space you are in, being aware of your surroundings or try slowing everything down -mindful eating or mindful walking.

Review your week ahead and take one or two things off your calendar, create more space.

Rest daily, practicing Savasana for a full 20 minutes if you can.

Include a little bit of pleasure into every day, perhaps a candlelit bath or your favourite raw chocolate.

*And most of all enjoy this slowing down time.  
Sip and Savour it.*



“Sacrifice to the Goddess as reaper, those things, behaviours or attitudes that will hinder the completion of your own personal harvest: weed out, pinch back or thin out anything not essential that might impede its fruition. Look at the priorities in your life and review them to see if they are consistent with what you say you want or need. Initiate any necessary changes.”

– Ruth Barrett from *Women’s Rites, Women’s Mysteries*.